

**PRACTICE 8****6<sup>th</sup>-7<sup>th</sup> Grade**

<b>Pre Practice</b>	Check with players to see if they've been working on skills outside of practice
<b>5 min</b>	<b>Defensive Trio (Defense #3)</b>
<b>5 min</b>	<b>Defensive Trio Ball Handling (Defense #5)</b>
	<b>Drink Break</b>
<b>10 min</b>	<b>Make it Take it (Shooting #7)</b> <ul style="list-style-type: none"> <li>- Spread out cones randomly at spots on the floor. Put players in partners on the sideline and top of the key.</li> <li>- On the signal, on partner at a time will go to a spot and shoot. If they make the shot they will get his/her rebound, pick up the cone he/she made it from and take it back to his/her starting area. If they miss, they will get the rebound and return the ball to his/her partner's turn.</li> <li>- Continue to let partners take turns shooting from the spots until they are all gone or for a time limit.</li> <li>- At the end of the game the team with the most cones wins.</li> <li>- Variation: Have certain cones worth more points than others.</li> </ul>
<b>15 min</b>	<b>4 on 4 Get Open and Protect the Paint</b> <ul style="list-style-type: none"> <li>- Start an offensive and defensive player beyond top of the key, and 2 offensive and defensive player on the wings.</li> <li>- The offensive player at the top will start facing the goal and his/her defender will stand back to back with them.</li> <li>- When the offense at the top of the key dribbles toward the goal, the defense must stop the ball and recover to any pass to make a stop.</li> </ul>
	<b>Drink Break</b>
<b>15 min</b>	<b>Team Offense/Defense</b>
<b>10 min</b>	<b>Press and Press Breaker</b>
<b>5 min</b>	<b>4 on 4 Get Back (Full Court Drill #5)</b>
<b>15 min</b>	<b>Inbounds to Break</b> <ul style="list-style-type: none"> <li>- Scrimmage Situation: Start the play from an inbounds play</li> <li>- Continue for the next possession so each team plays offense and defense before stopping</li> <li>- Start the next possession with the opposite team running an inbounds play</li> </ul>
<b>CLOSING</b>	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills